

3. Personal Healing Modality Analysis

Movement, trauma recovery, memoir, nature, shamanic study, and embodied research

Prepared as a separated compartment analysis. No integrated synthesis is included in this file.

Scope

This section analyzes the personal healing modality only. It does not use transcript grades or resume achievements except where they are part of the healing method itself, such as MFA work as embodied research.

A. Core Evidence

Evidence area	Observed feature	Cognitive / healing function
MFA work	Dance/theater/poetry/visual structure used to process autobiographical and traumatic material	Embodied symbolic processing; ritualized transformation
Movement modality	Dedancification of Western dance training after physical theater exposure	Body-led inquiry; deconditioning; somatic autonomy
I THRIVE / memoir	Recovery narrative written from multiple perspectives and stages of recovery	Continuity restoration; witness process; narrative integration
Nature practice	Mother Nature named as support and safety; lifelong ecological grounding	Nervous-system regulation; sensory resourcing; relational ecology
Shamanic practice	Soul retrieval, ceremony, elemental connection, healing circles	Symbolic repair; ritual containment; ancestral/ecological integration
Peer support	Support for sister and other survivors; survivor narrative production	Relational healing; applied empathy; community witnessing

B. What This Section Shows

- The healing system appears self-developed through lived experimentation rather than adopted as a single outside method.
- The body is treated as an archive, guide, and intelligence system.
- Art functions as medicine, not decoration.
- Movement, memoir, image, nature, and ceremony are used as interlocking technologies of integration.
- The method is meaning-centered and coherence-centered rather than symptom-only.

C. Brain Systems Summary

Healing element	Brain/cognitive systems engaged	Function
Body tracking	Insula/interoception; somatosensory cortex; autonomic regulation systems	Tracking internal states, sensing truth/discomfort, regulating arousal
Movement/dance	Motor cortex; cerebellum; vestibular/proprioceptive networks	Re-patterning body memory and restoring agency
Memoir/witness writing	Default mode network; hippocampus; language networks	Autobiographical continuity and narrative repair
Visual art/symbol	Occipital/parietal visual systems; associative cortex	Externalizing inner material into form
Ritual/shamanic practice	Salience network; symbolic cognition; emotion regulation networks	Meaning-making, containment, and re-integration
Nature/elemental practice	Sensory networks; parasympathetic regulation; attentional restoration systems	Grounding, coherence, and ecological regulation

D. Intelligence Models Applied to Healing Modality Only

Model	Healing-modality indication
Gardner	Intrapersonal, bodily-kinesthetic, naturalistic, existential, spatial, musical, and interpersonal intelligence are central.
Dabrowski	Strong emotional, imaginative, sensual, intellectual, and psychomotor overexcitability patterns appear as raw material for transformation.
Sternberg	Creative and practical intelligence dominate: creating workable healing structures from lived experience.
Embodied cognition	Very strong evidence: knowing arises through body sensation, movement,

	regulation, and somatic tracking.
Ecological intelligence	Nature, animals, elements, land, and body are treated as parts of one healing field.
2e / neurodivergence	Healing method appears adapted to nonlinear, sensory, symbolic, and body-based processing.

E. Relevant Test/Self-Report Alignment

OEQ-II narrative responses strongly align with the healing modality: intense sensory response, emotional complexity, body-based knowing, compassion, daydream/waking-dream states, and transformation of energy into movement, art, singing, gardening, or analysis. The client information form explicitly names the healing modality as an intention that began with MFA thesis work and fused Western trauma insight with cosmological/body-based insight.

Source Notes

Sources used: I THRIVE, The Body That Would Not Stay Destroyed, MFA Journey, MFA thesis/program images, Adult Client Information, and OEQ-II narrative responses.